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18 AUGUST 2015 ISSUE 32

**H**  
HEARST  
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*Why  
these women  
can't lose  
weight...*

**AN EXPERT  
EXPLAINS**

**DAUGHTER'S AGONY**  
Betrayed by the  
man I trusted most





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Easy **DaZ** it

# best Contents

EVERY TUESDAY 11.08.15

## Farewell to a legend



**When a showbiz legend dies, it always feels like the end of an era.**

The biggest stars form part of our lives as they become household names for generations. But there was something unique about the tributes that have poured in for Cilla Black. She wasn't just some distant celebrity whom people revered from afar. Judging by the shock caused by her death, she'd become more than simply a popular singer, performer and TV presenter. Her dazzling appearance and megawatt smile was always tempered by her humble roots and down-to-earth personality. For the masses, she was simply 'Our Cilla' – part of a Saturday night routine that would have been unthinkable without her Scouse banter, flamboyant style and incredible legs. She broke down the boundaries between 'showbiz' and 'the rest of us' – and that's why people loved her – from A-list stars to the adoring public. Turn to page 10 for our tribute to an icon who died too soon but will long be remembered.

Jenny Vereker, Executive Editor

Celebrating Cilla's life

10



## On the cover

- 6 Why these women can't lose weight... an expert explains
- 10 7-page tribute – Our **Cilla**
- 26 **Coleen**: I had an affair and hated myself for it
- 32 **Ruth** and **Eamonn** explosive rows
- 50 Daughter's agony – betrayed by the man I trusted most

## Showbiz

- 18 Like mother, like daughter
- 40 Life after *Downton*

## Real life

- 24 'How many more mums have to lose their daughters?'
- 54 Deadly disputes

## Regulars

- 4 The news edit

- 20 Double-take with **Ruth & Eamonn**
- 22 Beauty masterclass
- 28 **best** style icons
- 30 **best** high street edit
- 34 **Patsy**'s beauty blog
- 38 Beauty: Easy on the eye
- 42 Cowell Confidential
- 44 The Entertainment Edit
- 48 Homes: copper tone!
- 49 **best** travel offers
- 53 Cashback Queen
- 57 Prize puzzles: win £550
- 58 Best dressed

## Food & drink

- 35 Supermarket savings
- 36 Sensational summer pasta!



58



30

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# THE news edit

## IT'S THE SUMMER OF LOVE

2

### DRESS MARKS THE SPOT

1

**IF ANYONE  
KNOWS  
ABOUT  
DRESSING  
WOMEN OF  
ALL SHAPES  
AND SIZES, IT'S  
MARK HEYES.**

The Lorraine fashion expert returns with his Autumn/Winter collection, AVA at Marisota. New-season favourites include this gorgeous Cloud Print Dress, 10-32, £45, with figure-forgiving jersey fabric, so you can literally breathe a sigh of relief.



#### **THERE'S CLEARLY SOMETHING IN THE AIR, AS A TRIO OF CELEBS HAVE TIED THE KNOT...**

When Declan Donnelly, 39, married his long-time manager, Ali Astall, at St Michael's Church in Dec's native Newcastle, his showbiz sidekick Ant was best man, and guests included a host of telly favourites, including Holly Willoughby and Phillip Schofield. However, the day's breakout star was the hat worn by *Strictly*'s Tess Daly. After mysteriously disappearing, it turned up the next morning, being modelled by a marble sculpture!

It seems something also went missing at Guy Ritchie's festival-themed wedding to Jacqui Ainsley, as star guest David Beckham took to Instagram afterwards to say, 'Thanks for a great 3 days and I wonder if we ever find out who stole the heater out of my tent? @guyritchie.' Ah, if only we'd known he needed help keeping warm!

There was also joy for actress Suranne Jones, 36, who married journalist Laurence Akers in front of a handful of family and friends at London's Islington Town Hall. The former *Coronation Street* star first met Laurence last year, and he got down on one knee after a six-week romance. 'The nuptials were very hastily arranged, but were intimate and romantic,' said a source.





3

## BEN GETS A BREAK

**THERE'LL BE EXTRA LIE-INS AND BREAKFAST IN BED FOR BEN**

**SHEPHARD**, 40, after he announced he's cutting down his hours on *Good Morning Britain*. The handsome presenter is scaling down to two days a week to concentrate on spending time with wife Annie and sons Jack and Sam, as well as working on prime-time shows *Ninja Warrior UK* and *Tipping Point*.

He said, 'I sat down with ITV and we decided I would cut my days down to a couple a week in the hope I'll get a little more sleep and be able to do everything I love and stay with *GMB*. The last thing I wanted to do was leave.'

'The other presenters are quite relieved they won't have to put up with me as much!'

It's thought that Piers Morgan will take his sofa spot on the other days of the week.



INSTAGRAM/@JACQUIANSLEY



### ...AND AT LAST JUSTIN PUTS A RING ON IT

It was one of the most hotly-anticipated weddings in showbiz history, and it came as a total surprise – even to the guests!

Jennifer Aniston and Justin Theroux tied the knot as we went to press, in a secret ceremony in the grounds of their Bel Air home.

Friends arrived expecting a surprise party for actor Justin's 44th birthday, but were told the golden couple were getting married – right there and then!

Such secrecy had gone into the planning that staff had to hand over their phones to ensure no pictures were leaked.

It's rumoured that Courteney Cox, Jen's best pal from her *Friends* days, was her maid of honour and she was said to be the last to leave the bash at 3am.

It's a happy ending for Jen, 46, who was dumped by ex-husband Brad Pitt and whose previous boyfriends include Vince Vaughn and John Mayer. But handsome Justin looks like a keeper.



INSTAGRAM/@DAVIDBECKHAM





# Doomed to

Some celebs will always have enviable figures – but others will never be skinny, no

## GEMMA COLLINS

*'There's no diet I haven't done'*

**G**emma Collins has always been a larger-than-life character on *TOWIE* and despite endless fad diets, the pounds always seem to sneak back on.

Although skinny in her twenties, Gemma, 34, got to a size 18 in 2008 after her relationship fell apart and she had an abortion. She said, 'Food became my friend. I would use it as an emotional crutch.'

By the time she joined the ITVBe show in March 2011, she was a size 20. She spent the summer at the No.1 Boot Camp in Norfolk and dropped to a size 14, but found it wasn't sustainable. She said, 'It was eight hours a day exercising and, at the time, I was ready to lose weight. But when I got slimmer, was I any happier? Did I feel that much better? Not really, no.'

In December 2013, Gemma was with now ex-fiancé Rami Hawash, and put on three stone.

At 19st and a size 22, she said in February last year, 'My body is disgusting. I need to lose weight. I'm ashamed... There's no diet I haven't done. Nothing has worked for me.'

Following her short stint on *I'm A Celeb...* at the end of 2014, Gemma had a 'hypo gastric band' fitted.

She credits this with how she dropped three dress sizes, going down to a size 18 and losing three stone.

She said, 'I didn't realise it, but I was obsessed with food. There was no brain space in my head that [wasn't about] food and eating. It was a nightmare.'

'My dream is to be a size 14 to 16, I've been saying it for years, but now I will actually do it.'



**Helen Bond, spokeswoman for the British Dietetic Association (BDA) explains why Gemma finds it so difficult to slim down.**

**SHE SAYS** 'Confessing to trying every diet is part of the reason Gemma fails

to keep weight off. Diets have connotations of start and end points and, as soon as you stop, the weight goes back on, which is what she has done. She goes up and down by two stone by going on these restrictive diets which are never sustainable. Gemma is an emotional eater. She will never lose weight until she deals with the problems about why she overeats. She needs to make permanent lifestyle changes.'

## CONSTANT YO-YO DIETING



Gemma looking slim in 2011



She looked much curvier on TV show Splash



She covered up in a maxi dress while in Marbella this year



# diet forever?

matter what they do. *best* investigates why...

## SAM BAILEY

*'I want to stop worrying about my belly'*

**W**ho can forget Sam Bailey's transformation on *The X Factor* in 2013?

But her ongoing weight battle began the moment she stopped smoking.

'One day I saw my daughter, Brooke, copy me using a candy stick. I put my fag out there and then I haven't touched one since,' she said.

'Of course, one of the side effects of giving up smoking is weight gain. Every time I wanted a cigarette I'd have a bar of chocolate instead, and in a matter of months I'd ballooned to a size 16-18.'

Sam, 38, dropped three stone during *The X Factor*. She says, 'I was running around and forgetting to eat. I'd also started interval training.'

'I don't want people to think I was going crazy and doing it every night, because I wasn't, but it did really help.'

After winning the show she vowed to shift another stone.

But after having her third child, Miley, in September, she's back to a size 18.

She signed up with the Exante diet and has lost two stone, getting down to 11st 7lb, and size 14.

But, on a recent holiday in Barbados, she was trolled for looking like a 'beached whale'.

She said, 'It was the start of the holiday, the first time I'd worn a bikini, I want to be able to look down and see my toes and not worry about my belly.'

Sam is planning a 100-mile bike ride for Cancer Research UK as motivation to get back into shape.

**BAD EATING HABITS**

Her holiday pictures were trolled online



Sam looking slinky in a little black dress on *The X Factor*



But she put on weight after the show



**HELEN EXPLAINS** 'It's likely Sam formed bad eating habits working as a prison officer. She probably ate at erratic times and perhaps didn't have the healthiest diet. When she was on *The X Factor*, the thought of what to eat was taken away from her, as chefs ensured she had a healthy diet. But, once that was over, she didn't keep it up. She has to find the motivation to adopt a balanced diet and maintain her fitness. As a new mum, she is also battling sleep deprivation, and that has a huge role to play in your weight. Your levels of hunger hormones go up and that's when you grab handy foods rather than making sensible choices. Delivery diets remove temptation but don't address what cause you to overeat or have the wrong foods.'



# MARIAH CAREY

*'I empathise with people who have to lose a lot of weight'*

**S**he's become as famous for her body battles as her impressive vocal range and has been trying to beat the bulge since 1993, when she married first husband Tommy Mottola.

When they divorced in 1998, her weight crept up, but she embraced it, saying, 'Our bodies go through so much water weight gain and back and forth, the scale is something to not be a slave to.'

In 2001 she suffered yet more weight scrutiny but by 2008, Mariah Carey had slimmed down and tied the knot with TV presenter Nick Cannon. Although not as slim as before, she put it down to muscle.

Looking back, she said, 'I was bigger than I am now, but I was more toned.'

Her body battle began again when she fell pregnant with twins Morrocan and Monroe at the start of 2011. She said, 'I put on 70lb but... you'd think it was more like 9,000lb. I have a lot of empathy with people who have to lose a lot of weight.'

In November 2011 she debuted a svelte figure on the cover of *Us Weekly*, claiming to have lost 30lb on the Jenny Craig diet.

But in August 2014, when her marriage to Nick fell apart, the weight crept back on and the star, now 45, was thought to have gained nearly 1st 7lb.

**HELEN EXPLAINS** 'Mariah has struggled with her weight but when she was pregnant she put on a lot. A lot of women don't realise that you only need to eat an extra 200 calories a day when pregnant. But, once you have the baby, you have to shed those pounds. She seems to have an emotional battle with food and puts on weight when she is dealing with things in her personal life. Some people have a higher metabolism and that affects weight loss. If you've put on weight before, you are more susceptible to putting it back on when you lose it. Keeping it off is harder because you lose the motivation or you relax your diet a bit. Age also becomes a factor and these could all be hindering Mariah from being slim.'

**EMOTIONAL EATER**

The star has battled with her weight over the years



Mariah looked super slim in 1996



She showed off her curves in a wetsuit this year



WORDS: KELLY ALLEN, BENJAMIN POTTER PICTURES: CAPITAL, FAMEFLYNET, INF, REX FEATURES, SPLASH



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A full-length portrait of Cilla Black, a British singer and actress, smiling and posing with her arms outstretched. She is wearing a long-sleeved, floor-length, shimmering gold sequined dress. The background is a plain, light grey.

*Cilla*  
Special

# Ta-Ra, Chuck

## A nation mourns

Showbiz icon Cilla Black's  
sudden death at 72  
shocked legions  
of fans





Cilla enjoyed success as a pop star in the 60s



With husband Bobby and sons (L-R) Ben, Jack and Bobby Jr



Making dreams come true on *Surprise Surprise*



The star told a friend, 'Bobby's waiting for me'



As everyone's favourite matchmaker on *Blind Date*

**S**tars lined up to pay tribute to showbiz legend Cilla Black last week, as it was revealed she died after having a stroke at her villa in Spain.

The beloved entertainer, who was famous for her catchphrase, 'A lorra, lorra, laughs', was found dead by eldest son Bobby Jr at her holiday home in Estepona.

He smashed his way into her room after she failed to surface from a siesta last Saturday and discovered her lying face up on the sun terrace next to her bedroom.

A family spokesperson said, 'She was sunbathing on her terrace, got up, lost balance, and fell, hitting her head. It knocked her unconscious. She then died of a stroke and would not have suffered.'

Her three sons, Bobby, 45, Ben, 41, and Jack, 35, issued a heartbreaking statement and told of their urgent wish to 'Bring Mum home'.

They said, 'We are devastated by the sad loss of our mother, but have been

deeply touched by the kind messages of support.'

Cilla's death has prompted an outpouring of grief from some of the biggest stars in showbiz, including close friends Paul O'Grady, Sir Paul McCartney and Sir Cliff Richard.

But, to her fans, she was simply 'Our Cilla', and, right to the end, she made time for those who loved her most - even posing with a hen party on her flight to Spain the day before she died.

Born Priscilla Maria Veronica White, Cilla changed her name after a journalist mistakenly called her Cilla Black.

She was described as a 'trailblazer', paving the way for women in both the music and TV industry.

From humble beginnings in the cloakroom at the famous Cavern Club, where she became friendly with The Beatles, then as part of the Merseybeat scene, Cilla conquered the charts in the 60s and 70s with hits like *Alfie* and *Anyone Who Had A*

beloved late husband of 30 years, Bobby Willis, were taking their toll.

In fact, the Scouse star, who never got over Bobby's death from lung cancer

in 1999, was 'willing herself to die', according to a childhood friend. Terry McCann said Cilla told him, 'Bobby's waiting for me'.

'She knew she was going to die,' he added. 'Her mother was ill for two years and she said she was never going to linger like that.'

After her mother, who had osteoporosis, died in 1996, Cilla said, 'It wasn't a good experience. My biggest fear is going like that when I can't control my body.'

Pal Christopher Biggins says she lived life to the full. 'Cilla had no intention of popping her clogs. Whatever happened, it came out of the blue. She loved life.'

*Heart*, which reached No.1.

She was the first woman to host her own BBC variety show in 1967, which had an audience of 22 million, and became the highest paid woman in British TV in the 80s and 90s, with 18 years hosting *Blind Date* and 17 years on *Surprise Surprise*.

But, despite her glittering 50 years in the industry, it's been revealed the star didn't believe she'd live a long life.

'Seventy-five is a good age to go,' she said last year. 'It's only four years away, but I take each day as I find it.'

And, most recently, Cilla had confided in friends that her health and missing her





### Paul O'Grady

We've been friends nearly 20 years. She's like my sister. I kept telling her she'd outlive us all.



Cilla and Sir Cliff Richard at the races in 2011



### Christopher Biggins

I think she was everybody's best friend... a national treasure. She is there now with [her husband] Bobby, having a glass of champagne.



### Barbara Windsor

I was at the Variety Club eight weeks ago for Shirley Bassey. Cilla said, 'I don't feel too good.' She was complaining about her rheumatism and her hearing and the rest. She looked immaculate. I said, 'Oh it's awful. We're all getting like that. You're only 72 and I'm 78.' We were talking about age and she said, 'I never thought this would happen.' Then suddenly Bassey walked in, looking really sharp, so I said, 'Come on, we have to get our act together and stop talking about all our aches and pains.' Then I saw her at Paul O'Grady's and she looked much better. That's how I last saw her, talking very positively. She was a very beautiful lady.

# Cilla Special

## 'She was everybody's best friend'

### Tears of the stars for a TV legend

**S**he may have won the hearts and minds of the public, but Cilla Black also counted a legion of stars among her best friends. Since her death, celeb tributes have poured in for their Cilla

### Sir Cliff Richard

Some people will always be with us, and Cilla is one of those people. I will always think of her as outrageous, funny, incredibly gifted but, above all, full of heart. She was a very special person – I have lost a very wonderful friend. God bless her.

unique. As a friend, she was always fun to be with, kind, generous, and caring – a very special lady.

### Sir Bruce Forsyth

Cilla, I'll miss you. I still can't believe you're gone... I didn't see much of her over the past few months, but, whenever I did see her, she was always having a laugh – and mostly at her own expense!

### Des O'Connor

If ever the words 'The One and Only' applied to anyone, it was Cilla. She really was



### Joan Collins

I am so sad and shocked by the news about my good friend Cilla. She was a resplendent and rare talent. RIP #cillablack

### Sheridan Smith

She was the most remarkable woman, a true legend. She was so kind and helpful to me, it was a privilege to play her. She will be truly missed.

### Sir Paul McCartney

From meeting her as a cloakroom girl at the Cavern Club in Liverpool, Cilla had a fun-loving dignity that made her a great pleasure to be around. She had a fine voice and was always a laugh – it was a privilege to know and to love her.





*'I knew her as Cilla the girl, Cilla the mum and Cilla the friend'*



Gloria Hunniford and Cilla Black were close friends for more than 30 years. Here, the Loose Women panellist shares precious memories of the late star



# 'I'll miss your wonderful beaming smile'

**W**hen I heard the news, I was completely shocked. It was quite overpowering, really – like losing a member of your family unexpectedly. We were at a barbecue together just a few weeks ago. She was a bit down, especially about the problem with her eyes, but the pair of us were laughing about the pain we both had in our knees, and the difficulty of going up and down stairs at our age!

You don't reach your 70s without the odd niggle, but I honestly didn't think it was serious.

We first met back in the Eighties. I left Belfast in 1982 and was working at LWT, on a show called *Sunday Sunday*. Cilla was on *Blind Date*, and I got to know her very well.

I remember thinking how marvellous it'd be to have a husband who was also your manager. Bobby [Willis] was hands-on 24/7, and Cilla was always treated like a star. She was the only one with a toilet in her dressing room – Bobby had insisted!

It was the 'star' dressing room, really, but we were all pleased, because we got to use it when Cilla wasn't there!

Of course, she had the most wonderful sense of

humour. I remember she'd always tease me about flying economy. 'I'd never turn right!' was something she said to Cliff [Richard] and me all the time.

After Bobby's death in 1999, I often used to spend birthdays and anniversaries with Cilla. There was a close circle of 16 of us, and we went to some wonderful places, including Capri and Barbados. We also took the Orient Express to Venice.

She would confide very openly that there would never be another Bobby, and she'd never fill that void.

Some of his ashes were scattered under a tree in the

house where she died in Marbella, and some at the house in England. It was so he would always be with her.

What made Cilla really special was how funny she was – she could always make you laugh. Yes, she was Cilla the performer, but I also knew her as Cilla the girl, Cilla the mum, and Cilla the friend to natter about grandchildren with. She also told great anecdotes about the Beatles! I loved that about her.

It sounds crazy, but I'll just miss her being there. She was a great giggler with a wonderful beaming smile.

And now that's just gone.



## We look at Cilla's style – from the Sixties to the Noughties

**I**t wasn't just her sheer talent that kept Cilla in the limelight for more than five decades.

The Liverpoolian's unique sense of style gained a cult following, too. We pick her best fashion moments...

# Cilla Special

# A dedicated follower of fashion



60s



### SUITED & BOOTED

More than two decades hosting ITV's *Blind Date*

and *Surprise Surprise* saw Cilla snap up a chic wardrobe of power suits and a lot of glitz.

80s







### SASSY 60s

From minis with Mary Janes to beehive barnets (coloured with Woolworths hair dye), our Cilla epitomised the Swinging Sixties.



70s

### THE 70S STARLET

The TV star embraced her boyish frame in androgynous fashion, laughing when her friend, the comic Frankie Howerd, referred to her as 'the girl with two backs'.



on



### HEAD TURNER

Cilla finally got to wear a hat to a *Blind Date* wedding in 1991. And she could still show off her fab pins.

90s



00s

### CILLA'S FASHION MOMENT

Strutting her stuff aged 65 in Yves Saint Laurent at Fashion for Relief in 2008, Cilla's legs were the talk of the show.





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# Cilla's greatest loves

Liverpool's Cinderella earned millions – but she always stayed true to her roots

She returned to her hometown in 2008 to play the Fairy Godmother in Panto

*'She was always the life and soul of any party'*

**F**amous for maintaining an immaculate appearance and for wild champagne nights out with pals, Cilla was always the life and soul of any party.

But behind her dazzling million-dollar smile was a private life that had seen its own share of heartache and humble beginnings.

Hers is the ultimate rags-to-riches story, from growing up in working class Scotland Road; working three jobs at 16; being 'discovered' by the manager of The Beatles; and becoming a millionaire by the time she was 25.

At the time of her death, she had amassed huge wealth, as well as owning a 10-bedroom mansion in Denham, Bucks, and three other homes including a London pad. She also had a house in Barbados and a villa in Spain, where she died.

But while she enjoyed the glitz of her showbiz lifestyle, she never forgot her Liverpool roots – her beloved family and, most importantly, her soulmate, husband Bobby.



Cilla was awarded an OBE 18 years ago

The pair had three sons together, Robert, Ben and Jack. Tragically, their daughter, Ellen, was born prematurely in 1975, dying just two hours after she was born.

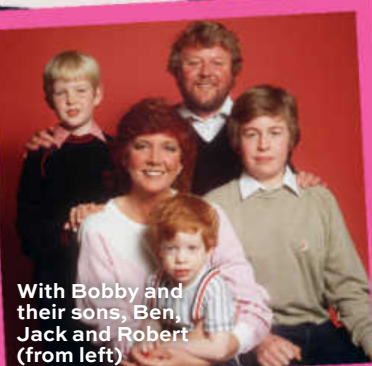
Cilla's eldest son explained that it was Bobby – who sacrificed his own career as a singer for his wife's stardom – who was the mastermind behind her success.

She met Bobby when she was still Priscilla White and worked in a coffee shop while he worked at Woolworths.

Described as 'Liverpool's Cinderella', she returned to Merseyside to play the Fairy Godmother in panto there in 2008. Her former driver, Adam Harding-Jones, revealed how proud she was to be Scouse. He said, 'She would tell me stories, "That place, that's Scottie Road, that's where I used to live."'



Her late husband Bobby was always by her side



With Bobby and their sons, Ben, Jack and Robert (from left)



Liverpool's Cinderella won the nation's heart with her dazzling smile



# Like mother, like daughter



Sam (right) and her mum Suzanne flaunted their toned bikini bodies

## TOWIE TANS

It would be easy to mistake 44-year-old Suzanne Faiers – mum of *TOWIE* stars Sam and Billie – for their older sister. Taking a dip in Dubai, Sam and her mum were all smiles as they flaunted their ultra-tanned beach bodies in brief bikinis. Well jel of their figures? Us? Never!

Enviably beach bodies seem to run in the family for these stars as they chill out on their summer breaks...

## GOLDEN TOUCH

A successful acting career isn't the only thing Goldie Hawn, 69, and her 36-year-old daughter Kate Hudson have in common. The pair showed off their equally incredible figures as they soaked up the sun during a recent trip to Greece. We bet Kate's thankful she inherited her mum's good genes.



Goldie (right) and Kate are both in tip-top shape





Blonde beauties Abbey (right) and mum Karen wowed in flattering bikinis

## YUMMY MUMMIES

No prizes for guessing where Abbey Clancy gets her model good looks. Although the 29-year-old just welcomed her second daughter, Liberty Rose, we predict it won't be long before the *Strictly* star springs back into her post-baby shape (left), judging by her glam mum Karen's toned stomach.

WORDS: RIANNE ISON PICTURES: BAREMEDIA, CRUISEPICTURES, FAMEFLYNET, REX FEATURES, XPOSURE.COM

## PICTURE PERFECT

They say the apple doesn't fall far from the tree, and that seems to be the case for *House Of Cards* actress Robin Wright, 49, and her model daughter, Dylan Penn, 24. Holidaying in Mexico, Robin and her mini-me could have passed as each other.



The mother and daughter, Robin (right) and Dylan, make us green with envy!



We're struggling to tell Demi (left) and daughter Rumer apart!

## SPITTING IMAGE

There's definitely more than one beach babe in Demi Moore's family. Her lookalike daughter, 26-year-old Rumer Willis, showed off the results of her *Dancing With The Stars* fitness regime – bearing a striking similarity to her 52-year-old superstar mum.





# THIS WEEK... CHILD-FREE FLIGHT

## TALKING POINT



Are childless flights fair on kids?

Supermarkets are putting farmers out of business



## IT'S ABOUT CHOICE...

**Eamonn:** As thousands of you head off on holiday, could a screaming child on a flight ruin the whole experience?

**Ruth:** Major airlines have been urged for years to consider either child-free flights, or at least adult-only seating to give travellers a more peaceful journey. A survey has found that 70 per cent of British passengers want child-free areas introduced. More than a third of us would pay extra to travel on a completely childless service. But only a handful of airlines – mostly in Asia – listen. Malaysia Airlines now bans babies from its first-class section, and

children under 12 are not allowed to travel in the upper deck economy area of its A380 planes.

Meanwhile, Air Asia X and Scoot Airlines also have child-free zones – but at a cost.

**Eamonn:** I think having options for child-free flights and zones would be best for everyone – the passenger, the parent and the child. Everyone should have a choice about how they fly. There is a choice to fly business class or first class, so why can't you fly on a plane child-free class? Surely, just having the choice would be better for everyone.

**Ruth:** Sometimes society seems to want to take the Victorian idea of children being seen but not heard to another level. If we ban them from planes, what about buses and trains, what's next? Of course, people would like child-free cafés and restaurants, but we can't treat children like an inconvenience – they are people.







## MILKING IT

**Eamonn:** We used to 'pick up a pinta', now we buy our milk in much bigger packages.

But milk doesn't come from a bottle or a carton – it comes from a cow!

I say this because the way supermarkets serve us up food often makes us forget the connection.

Those working on dairy farms are finding it so hard to make a living these days that they have taken to protesting. The big supermarket giants pay them about 5p less per litre than it costs them to produce it. That's not ethical business to me – that's stealing.

**Ruth:** 2L of milk costs 89p, while 2L of big brand cola costs £1.98.

One builds bones and strengthens teeth, the other, if over-indulged, rots both. If this problem isn't solved soon, it won't be long before we really will forget the connection between milk and farms – because there will be no farms left.

## SIZE MATTERS

**Eamonn:** My wife loves a cup of tea. She also has a very big mouth – physically and verbally. It was, therefore, rather pleasing to be able to accommodate both with this mega piece of crockery!



## SEASIDE MEMORIES

**Eamonn:** With summer still upon us, it's a wonderful time to reflect on what we treasure most about our family holidays so, in the year of its 40th anniversary, the Family Holiday Association has launched a special #seasidememories scrapbook, full of inspiring celebrity seaside content. I'm happy to have contributed to the scrapbook with some of my very own seaside memories, including this photograph (right). Yes, that's me in the middle, with my two brothers Leonard and Brian. We were in Cushendall Beach, a small village 60 miles from Belfast.

For me, the place and the people you are with are the two biggest factors in a family holiday. You can view the Family Holiday Association's #seasidememories scrapbook at [facebook.com/famholidayassoc](https://facebook.com/famholidayassoc)



My #seasidememories – me (middle) and my brothers Leonard (left) and Brian



# Beauty masterclass



## Curly hair

*Need a lesson in managing unruly curls? We asked top hairdresser Andrew Barton for his advice*

**ANDREW BARTON'S** 25-year career has seen him become a regular TV hair expert, develop his own haircare range in Asda, collect gongs including British Hairdresser Of The Year and British Hair Icon, and most recently take residence as creative director at Urban Retreat at Harrods. Andrew took time out to advise us on the tricky topic of curly hair. 'I'm often told by my clients that their curls can be a nightmare to style. They have a life of their own!' admits Andrew.

### Follow Andrew's tips on looking after your curls

● **Moisture levels can affect the quality of the curl**, and if there isn't enough in your hair, it can lead to frizz. Your shampoo and conditioner should target this, like my Frizz Tamer collection, from £3.60. Wet the hair, then squeeze dry to remove excess water. Apply a dollop of shampoo and, using fingertips, massage the scalp. Rinse then squeeze dry. Apply a 50 pence-sized piece of conditioner to the lengths and ends, using a comb, then rinse.

● **After washing, gently detangle** with a wide-tooth comb. Never rub wet hair with a towel. Instead, squeeze dry from the bottom of the curl up. This will help them to form more evenly and prevent frizz.

● **Mix two styling products together** to help define and protect in one go. A styling cream will smooth frizz while mousse adds hold. Separate hair into two sections – the top

layer and underneath. Mix the products (a 20 pence-sized piece of each) in your hand. Apply to the bottom section. Dispense then apply to the top section.

● **Set your curls while damp.** Twist sections into the shape of old-fashioned telephone cables all over the head – the bigger the twist, the bigger the curl. Pin with secure grips. Leave to dry naturally or use a diffuser on a medium heat. Once dry, unravel with your fingers.

● **Creating shine is harder than with straight hair**, as the curl diffuses light and therefore doesn't reflect. Shine sprays add temporary gloss. Spray a fine mist and leave.

● **If you need to revive your locks during the day**, lightly dampen the hair, rub hand cream into the palms of your hands and squeeze onto the hair, then leave to dry. This will control the frizz.





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## TOUCH OF SILVER



# ‘How many more mums have to lose their daughters?’

**T**he debate on the current age limit for cervical screening has been reignited by a spate of young women dying from cervical cancer in recent months. Government health experts insist it's not necessary to test the under-25s. So why are so many young women discovering they have the disease too late? Best speaks to three women campaigning for change...

## THE FACTS

- 3,000 women are diagnosed with cervical cancer every year.
- Women in England, Northern Ireland and Wales are not offered screening under 25. Scotland currently screens at 20. In 2016, that will change to 25.
- Almost all cervical cancers are caused by HPV (the human papilloma virus) – a very common, sexually transmitted infection.

## *‘I know that I’ll never grow old’*

**Young mum Jade Pateman, 21, has 18 months to live after being diagnosed with advanced cervical cancer in May.**

Jade, mother of Oscar, two, was told by doctors that she was too young for a smear.

She's joined the growing campaign to have the age for screening reduced from 25 to 20, in a bid to save other young women.

‘There's nothing that can be done for me now. I've accepted that I'm never going to grow old, but it can save other women,’ she said.

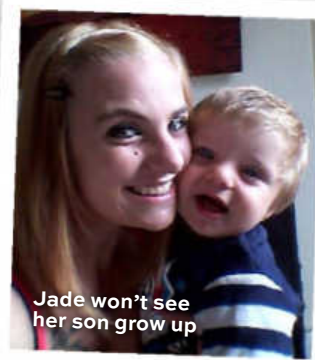
Two of every 100 women diagnosed with cervical cancer each year are under 25, but government experts still say the risks of

screening outweigh the benefits.

Julia Thompson, from Public Health England, said,

‘Women aged below 25 often undergo harmless changes in the cervix that screening would identify as abnormalities. Research shows that... unnecessary treatment could adversely affect future childbearing.’

Understandably, this angers the loved ones of victims who have died tragically young.



**Michele Brackley, 48, from Newcastle, believes an early smear test could have detected the pre-cancerous cells which led to her daughter Claire's death from cervical cancer, aged just 23.**

She said, ‘I nagged Claire to have a smear test after I had an abnormal smear.

## *‘Too young for a smear test, but not too young to die...’*

‘At that time, Claire had a one-year-old daughter, Megan. But, because she was still only 19, her GP turned her away. We were surprised but, as we didn't think she had any real reason to worry, we forgot about it.’

Three years later, just after her second child, Millie-May, was born, Claire experienced abdominal pain and bleeding.

Michele said, ‘Her GP tried to fob her off again, passing it off as a kidney

infection. She eventually saw a gynaecologist.’

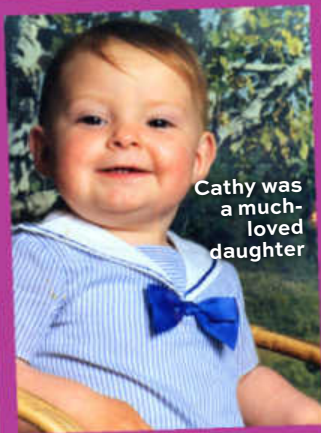
In June 2008, Claire discovered that she had an 8cm tumour on her cervix. She was only 22.

‘I was with her when she found out,’ says Michele. ‘It was devastating, but we were still hopeful.’

Claire had gruelling chemotherapy and radiotherapy, but had to have her bowel and bladder, plus her womb and ovaries, removed in a bid to save her life.

After the surgery, Claire's





Cathy was a much-loved daughter



Taking her Holy Communion, aged 10



Wendy is campaigning for change

## *'It's too late for my Cathy, but not for other young women'*

**Wendy Campbell, 49, from Stoke-on-Trent, who lost her 25-year-old daughter, Cathy, to cervical cancer in 2011, is in no doubt that her life could have been saved by an earlier smear test.**

By the time Cathy, a mum-of-two, had her first smear at the age of 25, she already had cervical cancer. Tragically, within six months she was dead.

Wendy said, 'When her smear test came back as abnormal, I told her not to worry. I'd had abnormal smears myself when I was her age, which were dealt

with successfully using laser treatment.'

Sadly, further examination showed Cathy's cells had already progressed into cervical cancer, which had spread all around her body.

She had chemotherapy and, after a few months, doctors told her she was in remission. She and fiancé Alex Bates, 26, started planning their wedding, and the family spent Christmas together.

But Cathy became seriously ill just four days later and passed away.

'It was heartbreaking – she went downhill so fast,' said Wendy.

After Cathy's death, Wendy teamed up with Michele Brackley, whose story is reported below, after they met through a cancer support group.

The mums have both raised petitions of over 20,000 signatures, which they presented to Number 10 in 2009 and 2012. Wendy said, 'My daughter would still be here today if they lowered the age for cervical screening.

'Girls should be having smear tests as soon as they are sexually active. There must be 17 and 18-year-olds out there who have cancer without knowing it.'

partner Mike proposed, and Michele began helping her daughter plan her wedding.

'Claire's spirits lifted. We'd spend hours flicking through wedding magazines,' remembers Michele.

But it wasn't to be. The cancer had spread to her liver, stomach and lungs.

Claire lived to celebrate Millie-May's first birthday, but died in August in 2009.

Michele said, 'Claire's final wish was that the age restrictions on smear tests would be lifted. I promised I'd have the law changed. Sadly, it hasn't happened.

'She understood the irony. She was too young to have a smear, but not too young to die of cervical cancer.



The family campaigning at Downing Street

'I paid for my younger daughter to have a smear test, done privately when she was 20. It cost £260, but the test costs the NHS just £69. It angers me that this could be a funding issue – you can't put a price on a young life.'



Claire had to leave her little girls



They visited her grave to mark her birthday last year



# THIS WEEK...

## Affairs are never the answer!

**J**erry Hall has revealed how she and ex-husband Mick Jagger both cheated during their 20-plus years together. The model – who, up until now, we’ve thought of as the long-suffering wife of the Lothario rock star – has now spoken about her ‘revenge affair’ back in the Eighties with the late racing tycoon, Robert Sangster.

Her fling started when she found out Jagger was cheating on her with model Carla Bruni. Jerry says the short affair made her feel empowered, and it was the only one she had during her 23-year relationship with Mick.

Jerry had to cope with his constant infidelities and incessant



Jerry gave Mick a taste of his own medicine

26 OPINION



I cheated on Shane but it made me miserable

## Straight Talk...



With Loose Woman  
**Coleen Nolan**

lies. She recently said, ‘At one point, I went off and had an affair with Robert. Then Mick would beg me back. I thought he’d eventually change, but he didn’t.’

Personally, I don’t think revenge affairs ever work. It’s well documented that I had an affair while I was married to my first husband, Shane Richie.

It’s not something I’m proud of – far from it. But, when I look back, things really weren’t right at home. I’d become ‘just the mother of Shane’s children’. It hurt when he’d walk into the room and not even acknowledge that I was there.

It was especially hard that I had just had Jake, my second child. Like all new mums, I felt knackered, looked pretty awful and definitely not sexy. I kept trying to tell Shane how I felt, but he just wasn’t getting it.

So, when someone

else started showing me some attention, they made me feel brilliant. And I fell for it, hook, line and sinker.

But I experienced the pain it caused when it was found out, and I realised I could never do that again.

There’s no way my affair made me feel empowered. It just brings devastation and heartache.

**WHAT DO YOU THINK?**  
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# best STYLE ICONS

**SUNGLASSES** Classic Jackie 'O' style shades add a touch of class to any outfit. Black or tortoiseshell frames will never go out of fashion.

## MYLEENE KLASS

*It's been the hottest colour on the high street this summer, but yellow can be tricky to pull off.*

*Instead of wearing it top-to-toe, Myleene, 37, shows how combining animal print accessories gives this stand-out shade a bold look.*

**BAG** It's tempting to team such a bold shade with natural accessories but, to really make a statement, it's worth choosing equally bold accessories. Myleene rocks the pattern-clash trend by mixing her animal prints. Her roomy tote is another one of her own designs and would set you back £44.

**DRESS** This fitted shift is from Myleene's own collection at Littlewoods. The lace detail and pencil shape create a stunning silhouette, and it can be dressed down for the day or up for an evening out.

**SHOES** While Myleene's dress and bag are affordable, her shoes are full-on designer! These smart Louboutin heels are a few seasons old, but a similar style is available now – for over £500!

# Ste

Look as fashionable  
by embracing the



Heels, **£79**,  
Jones  
Bootmaker



# al her look

forward as *Myleene*  
is sunny shade...



Sunglasses, **£6**,  
yoursclothing.  
co.uk



Sunglasses, **£15**,  
Accessorize



Dress,  
**£27**,  
jdwilliams.  
co.uk

## CITY CHIC

We've teamed Myleene's exact dress with a pair of high street mid-heels and a roomy bag, to create a smart office outfit. If you are worried about showing your arms, a white blazer or fitted jacket could be worn over the top to give you more body confidence.



Bag, **£42**,  
kaleidoscope.  
co.uk



Clutch, **£99**,  
Twist &  
Tango  
(twisttango.  
com)

## EXACT MATCH

Dress, **£74**,  
Myleene Klass at  
Littlewoods



Heels,  
**£60**,  
Clarks

## CASUAL LUXE

If fitted styles are not for you, recreate this smart look with a loose figure-forgiving tunic dress. Worn with an oversized clutch and pair of kitten heels, it's a great look for a weekend gathering – or a night out on the tiles!



Pump, **£23**,  
M&Co



Kitten heel,  
**£18**, BHS

## WALK ON THE WILD SIDE!

*It's a jungle out there, so make like a wild cat in animal print – it adds sophistication to every outfit.*



Sandal,  
**£79**,  
Dune



Court, **£119.95**  
Moda in  
pelle



Caged, **£28**,  
very.co.uk



# THE high street edit

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# Ruth

## My explosive rows with Eamonn!

This Morning's Ruth Langsford, 55, opens up about living with Eamonn Holmes

**Is it hubby Eamonn's enviable physique or his sense of humour that keeps the spark alive between you two?**

He's always funny. He's a bright, intelligent, witty man, which is why I love him. We're quite the home birds really because we have very busy working lives so when we have some time off we love being at home and just chilling out together with the kids. We're very happy, very in love, we have a great

relationship and a good marriage. I'm sorry if that sounds smug. We're just lucky to have found each other.

**Eamonn revealed that you 'run him ragged' in the bedroom. Is that why he sometimes looks so tired on TV?**

Yes. I am full of energy and I intend to stay that way so he better keep up!

**Do you have date nights?** Sometimes we will go and

stay at a nice hotel for the night. We'll have dinner, use the spa and that can feel like

we've been away for the week together. But even a night at the pictures or a walk together can be enough.

I think when you're at home all the minute details of life can be quite dull. 'Have you paid the gas bill?' 'Have you cleaned the sink?' 'Have you given Maggie the dog her flea and tick Frontline

treatment?' All that boring stuff!

**What do the pair of you tend to argue about?**

We had a row the other day about him putting a packet of prawns back into the fridge, which he hadn't covered in cling film. I completely blew my stack because it was an act of sheer laziness in my opinion. And he said, 'Oh, stop nagging,' and that's the one word women hate, isn't it? Then he said, 'You've got so much stuff in this kitchen I don't know where you even keep the cling film,' and I screamed, 'Yes you do. You're just too bloody lazy to get it out.' It was an absolutely ridiculous row.

**Do those kind of disputes tend to blow over quickly?**

When we were first together we wouldn't speak for a day over a row like that. I used to slam the door and sulk but we've got a 13-year-old son to do that now. We've grown up so we row but get over it quickly.

**Do your arguments spill over on screen?**

Not really. We have a

*'We've a good marriage... sorry if that sounds smug'*

## Ruth & Eamonn's diet wars

**Is it just us or was the lovely Eamonn looking positively trim on *This Morning* last week?**

His secret? Eamonn is a juicing fan. 'I got hooked by watching a man called Jason Vale on the telly one morning. His whole philosophy of 'eating clean' made a lot of sense,' the 55-year-old star told *Best*.

'You can make juices yourself – which I knew from the start I would never do – so I ordered them and I supplement them with

a green juice from Pret A Manger,' he adds.

'If I have a lunch, I have juice for dinner and, if I have juices during the day, I thoroughly look forward to a meal in the evening.'

Meanwhile, wife Ruth, also 55, is a fan of the Nutribullet blender so she often replaces breakfast with a healthy juice.

'It tastes lovely,' she explained. 'Even if everything I blitz makes the end result look like pond water!'



The couple have been together on *This Morning* since 2006



They're a formidable pair on the This Morning sofa



huge amount of respect for each other professionally. I think our banter resonates with a lot of our viewers because it's exactly what they have in their own relationship. What you see on TV is exactly how we are in real life.

**You and Eamonn are huge dog lovers...**

Yes, we love Maggie so much it's quite ridiculous. My dog is like another child to me. She is completely a member of the family. I used to think that those women who are fussy about their pets and buy them presents and birthday cards were bonkers and now I'm one of them!

**Is Eamonn similarly smitten with Maggie?**

Eamonn is a changed man. He's always hugging her and loves playing ball in the garden with her. In Maggie's eyes, he's number one. The minute she hears Eamonn's

car she runs to the door and as soon as he sits down she lies on his tummy or puts her paws up on his chair and gazes adoringly at him.

**Do you react in the same way when Eamonn comes home from work?**

Funnily enough, no... when we first got her she used to get so excited when he came home she would pee and Eamonn would say to me,

*'What you see on TV is how we are in real life'*

'YOU never wet yourself with excitement when I come home!'

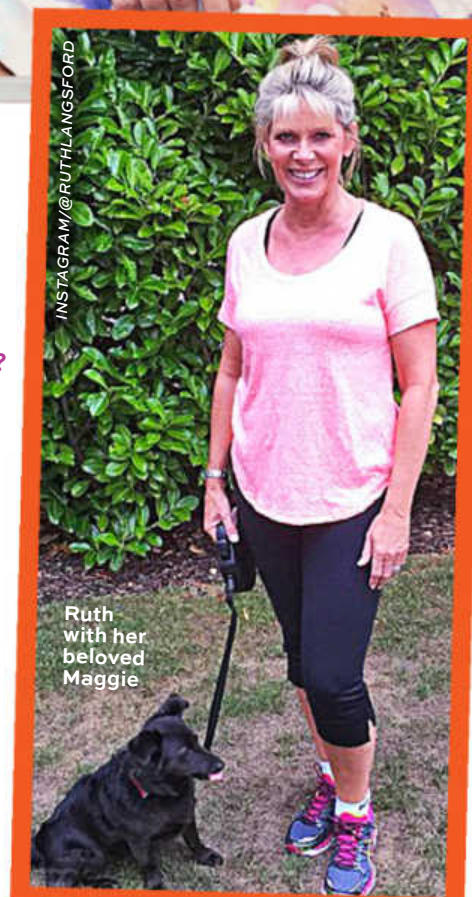
**Owners can start to behave like their dogs. Is he in touch with his canine side?**

Yes, he gets very excited when I come home and starts to wag his tail!

**Who's more exhausting, Eamonn or Maggie?**

Definitely Maggie, she runs faster.

● **Ruth Langsford is working with FRONTLINE® Spot On. For information, visit [uk.frontline.com](http://uk.frontline.com)**



INSTAGRAM/ @RUTHLANGSFORD

Ruth with her beloved Maggie

WORDS NICK MCGRATH PICTURES REX FEATURES





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with **Patsy Kensit**

## Behind the mask

If your complexion needs a boost, here's how to fix it fast...

**H**ave you tried multi-masking? It's basically applying different products to various areas of your face to tackle distinct problems. Ideal if you have combination skin, as your t-zone is generally oilier than your cheeks. Take my word and give it a go, and your skin might just thank you for it!



### DEEP CLEANSE

The long, hot summer can leave your skin looking congested and prone to breakouts. To give skin a deep cleanse, you'll need a mask that contains clay or charcoal, as this will help lift away impurities and grime. If you find traditional mud masks leave your skin dry or tight, try **Ragdale Hall Spa Cocooning Cinnamon & Nutmeg Warming Face Mask, £10**. It feels comforting on the skin and, after leaving for five minutes, skin is left looking radiant and thoroughly cleansed.



### FAST FIX

The right mask can act like your beauty fairy godmother, giving you results of a salon facial in under 20 minutes. If you often need some skin SOS, **Elemis Fruit Rejuvenating Mask, £30**, is worth splashing out on. The combination of strawberry extract, vitamin C and kaolin, not only deep cleanses, but it brightens and leaves you looking like you've had 24 hours at a world-class spa!

### MOISTURE BOOST

Dehydration is a major problem when we age, as parched skin feels dry and tight which, in turn, makes lines more obvious. A once-weekly mask that contains hyaluronic acid will help put much-needed moisture back into the skin and give you that dewy look we lose with age. While I wasn't a huge fan of the scent, **Clarins HydraQuench Cream-Mask, £34**, will give you that desired hydration. It's rich to apply and, after removing, skin feels comforted, soothed and, best of all, glowing.



### MESS-FREE MIRACLES!

Looking for a fuss-free skin fix? Single-use cloth masks could be your best bet, as they give the benefits of traditional products without any mess or having to remove it afterwards. Keep a supply of **MaskerAide sachets, £5**, in your bathroom cabinet for whenever your skin needs a boost. Choose from energising, calming or detoxing and, after application, rub the excess serum into your skin for added beauty benefits. My favourite is the Weather Warrior, which is packed full of aloe, green tea and witch hazel, perfect if you've been exposed to the sun.





### M&S

M&S has booze bargains covered with a summer offer. Save 25% when you buy 6 or more bottles of beer, wine or Champagne. The offer includes prosecco and a new range of craft beers.

**Offer ends 31 August 2015**

### Asda

Looking to lose last-minute holiday pounds? From Red Thai Curry to Jamaican Jerk Chicken, you can now get 2 meals for just £3 across the whole Weight Watchers range.

**Offer ends 6 September 2015**

### Co-op

The Co-op is running a great frozen meal deal. For £5 you get Birds Eye 4 Large Harry Ramsden Cod in Crispy Batter, plus Co-operative's own Straight Cut Chips, British Garden Peas, Apple Strudel and Vanilla Velvet Oval Ice Cream!

**Offer ends 18 August 2015**

### Sainsbury's

If you're throwing a bash, Sainsbury's will help you be the hostess with the mostess. Its Antipasti Platter, Share Hog Roast Rolls and Share Lincolnshire Cocktail Sausages are all 3 for £6, or £2.50 each.

**Offer ends 25 August 2015**

# Supermarket savings

Fill up your trolley with some brilliant bargains that will help you stretch your weekly food budget. Yum!

### Lidl

Handy reductions from Lidl mean lunch can be much cheaper this week. From 13 August, Flora Original Spread is down from £1.49 to 99p and Laughing Cow Cheese Triangles, which were £1.34, are now 94p.

**Offer ends 19 August 2015**

### Waitrose

Alfresco dining is instantly more affordable thanks to Waitrose's 3 for £10 offer on selected meats. Includes British Chicken & Chorizo Kebabs, Hot Korean Spiced Chicken Wings and more!

**Offer ends 15 September 2015**

### Tesco

It's easier than ever to get your five-a-day with Tesco's Frozen Summer Vegetables and Frozen Crispy Potatoes & Mediterranean Vegetables, both now 3 for £5.

**Offer ends 31 August 2015**

### Aldi

Enjoy a taste of Spain with Aldi's latest sizzling special buys. Starting from 13 August, get Calamari in Tomato Sauce or Squid in Olive Oil for just 99p!

**While stocks last**





# SENSATIONAL SUMMER PASTA!

## *Simple tuna bucatini*

**SERVES 2**

**TOTAL TIME: 10 mins**

- 200g bucatini
- Sea salt
- 1 large clove of garlic, peeled
- 1 fresh red chilli
- 2 anchovy fillets
- 4 ripe cherry tomatoes
- Extra virgin olive oil
- 1 x 180g tin of quality tuna, in olive oil
- 1 tbsp baby capers, rinsed
- Juice from ½ a lemon
- 100g wild rocket, washed

Cook the bucatini in a large pan of boiling, salted water until al dente. Meanwhile, finely slice the garlic and chilli, then roughly chop the anchovies and tomatoes. Heat 3 tablespoons of oil (use the oil from the tin of tuna for added flavour, if you can) in a frying pan over a medium heat, then add the garlic, chilli, anchovies and capers. Fry for 2 minutes, then add the tomatoes and toss well. Reserving some of the cooking water, drain the bucatini and add to the sauce. Toss well over the heat until lovely and glossy, adding a splash of the cooking water to loosen, if needed. Flake in the tuna, then add some lemon juice and most of the rocket. Toss well to warm the tuna through and wilt the rocket, then season carefully with salt and more lemon juice. Serve with a drizzle of oil, and a scattering of the reserved rocket.



Photography ©  
Jamie Oliver  
Enterprises Limited  
2015, by David  
Loftus. Extracted  
from *The Pasta  
Book* by Gennaro  
Contaldo, Jamie  
Oliver's Food Tube







## Parma ham and red pepper with taglierini

**SERVES 2**

**TOTAL TIME: 20 mins**

- ½ a red or white onion, peeled
- 1 red pepper, deseeded
- 90g higher-welfare Parma ham, in slices
- ¼ of a fresh red chilli
- 1 large, firm tomato
- ½ a bunch of fresh flat-leaf parsley, leaves picked
- 200g taglierini
- Sea salt and freshly ground black pepper
- Extra virgin olive oil
- Zest and juice from ½ an unwaxed lemon
- Parmesan cheese, for grating

Start by preparing your ingredients. Very finely slice the onion, pepper and half the Parma ham. Finely slice the chilli. Quarter the tomato, cut out the seeds and finely dice the flesh. Finely chop the parsley leaves. Put the finely sliced Parma ham into a large, dry frying pan over a high heat and cook for

5 minutes, or until crispy.

Transfer to a double layer of kitchen paper to drain. Cook the taglierini in a large pan of boiling, salted water until al dente. Meanwhile, return the frying pan to a medium-high heat with 3 tablespoons of oil. Add the onion, pepper and chilli and cook for a minute or so. Roughly slice the remaining Parma ham and add to the pan. Stir in most of the parsley leaves and season lightly with salt and pepper. Reserving some of the cooking water, drain the taglierini and add to the sauce. Add the lemon juice, diced tomato and a good grating of Parmesan. Toss well over the heat until lovely and glossy, adding a splash of the cooking water to loosen, if needed. Divide between your plates, sprinkle over the crispy Parma ham and add an extra grating of Parmesan. To finish, sprinkle over the lemon zest and the rest of the chopped parsley.

## Baked four cheese spirali

**SERVES 4**

**TOTAL TIME: 40 mins**

- 30g unsalted butter, plus extra for greasing
- 400g spirali
- Sea salt and freshly ground black pepper
- 1 x 150g piece of higher-welfare cooked ham
- 80g Fontina cheese
- 80g Taleggio cheese
- 80g Dolcelatte cheese
- 60g Parmesan cheese
- 40g shelled walnuts
- 20g stale white breadcrumbs
- Extra virgin olive oil

Preheat the oven to 180°C/350°F/gas mark 4. Grease a 20cm square ovenproof baking dish with a little butter. Cook the spirali in a large pan of boiling, salted water until very al dente – it'll continue cooking in the oven, so it's important to undercook it. Meanwhile, cut the ham into cubes and roughly chop the

Fontina, Taleggio and Dolcelatte. Melt the butter in a large frying pan and stir in the ham. Cook for 1 minute, remove the pan from the heat, then add the chopped cheeses and allow to melt, stirring occasionally. Reserving some of the cooking water, drain the spirali and add to the sauce. Toss well, adding a splash of the cooking water to loosen, if needed. Finely grate in two-thirds of the Parmesan and season with a good twist of pepper, then transfer to the prepared baking dish. Finely chop the walnuts and put them into a bowl with the breadcrumbs and 1 tablespoon of oil. Finely grate in the remaining Parmesan, mix well, then sprinkle over the pasta. Bake for 20 minutes, or until golden and looking fantastic! This is a great way to use up any leftover cheeses, so use whatever you've got in stock.







*Easy on*

**THE EYE...**



# YOU'RE ONE PRODUCT AWAY FROM PERKIER PEEPERS

**A**t just 4mm thick, the skin around our eyes is the thinnest on our whole body. So it's no wonder we often see the ravages of time here first.

'Age affects every aspect of the body but never is it more apparent than in the delicate eye contours and lids,' admits Shahana Rahman from MyChelle Dermaceuticals.

The attractively titled 'crow's feet' might be the more commonly known problem, but the way the skin ages here is a lot more complex, manifesting itself in many forms – shadows, puffy skin and hollowed out shapes that result in that sunken appearance.

'I recommend patients start using eye creams from their late 20s and early 30s,' advises Maryam Zamani, board certified ophthalmologist at Cadogan Cosmetics.

So whatever your beauty bugbear, get yourself clued up with these solutions.

## Dark shadows

Given the thin skin, any fatty tissue in this area dissipates rapidly and the shadowy appearance is often our blood vessels showing through. 'If you have low iron in your blood, oxygen can break down more easily causing the thin skin below the eyes to appear dark or bruised,' explains Noella Gabriel, founder and director of product development at Elemis. 'Ensure you maintain proper iron levels by eating red meat, green leafy vegetables, nuts and seeds.' Try **Elemis Pro-Radiance Illuminating Eye Balm, £34**. The apricot shade has a brightening effect, and the inclusion of Penstia Powder blurs fine lines. 'Use a small amount and tip with your finger around the eye,' says Kelly Cornwell, Elemis make-up expert. 'Wait for a few minutes before gently putting on concealer. Never rub or drag the delicate area.'



## Deep wrinkles

We're loathe to consider wrinkles as something to tackle – laughter lines are so named for a reason – but deep grooves that extend across cheeks can give the illusion of pulling your face downwards. Sun damage is the number one cause for this, along with collagen depletion. An all-rounder to keep wrinkles and other physical signs of ageing in check is your best bet. **Clinique Smart Custom-Repair Eye Treatment, £38**, boasts a cocktail of ingredients, notably numerous proteins and peptides to plump and smooth, while hyaluronic acid deals with the crepey look caused by dehydration.



## Sensitivity

Inflammation and swelling are two symptoms of a reactive complexion. What you apply to the area is particularly important, to avoid aggravation. Like with many products aimed at delicate skin, it's more about what isn't in than what is that helps maintain this area. Try **La Roche-Posay Ultra Eye Contour, £14.90**. Free of alcohol, perfume, parabens and colouring, it's an ideal solution for hay fever sufferers, approved by Allergy UK. It offers an immediate cooling effect, reducing the risk of longer-term skin damage.



## Puffiness

Water retention and poor circulation contribute to bags. If you've slathered on cream in a bid to de-puff, you may find the symptoms worsen because rich formulas sit on the skin and block pores. **M&S Advanced Skin Solutions Radiance Revital-Eyes, £16**, contains an enzyme called ATP to help support cell metabolism, which results in a firming effect. The metallic applicator aids this. Glide over the skin but don't drag! Diet counts, too. 'Foods containing high amounts of salt will contribute to the puffiness of the under eye area,' warns dermatologist Dr Howard Murad.



## Tear troughs

The hollowing around the tear duct creates a shadow. A downturn in collagen and elasticity adds to this. 'Many turn to costly dermal fillers to rectify loss of volume in the cheeks, but this distorts the eye area,' Michelle Doherty, director of Alpha-H, warns. **Alpha-H Absolute Eye Cream SPF15, £46**, uses peptides uplevity, serilesine and relistase to kick-start healthy cell function and improve their appearance.





# Life after *Downton*

They may have just filmed the final episodes of the period drama which has held the nation in its thrall, as stars of the hit show have hinted that *Downton The Movie* could now be a real possibility. As the show receives a BAFTA tribute and special award this week, we ask what else the future holds for the stars

**W**hen *Downton Abbey* first hit our screens five years ago, nobody could have predicted the phenomenon it would become.

Not only has the period drama won fans in a whopping 100 countries, but it has also picked up an impressive array of awards, including six Emmys.

Plus, with the cast and crew filming the last scenes for the sixth and final series, which is back on ITV this autumn, BAFTA has honoured its cast with a special tribute and award.

Now, as they wave goodbye to the show that made them household names, we take a look at five of the biggest success stories...

## LILY JAMES



After wowing critics in Disney's *Cinderella*, actress Lily James has secured her status as one of the UK's most in-demand stars.

Currently filming her last scenes as Lady Rose MacClare, the 26-year-old is soon set to star opposite her boyfriend, *Doctor Who*'s Matt Smith, in the film *Pride and Prejudice and Zombies*. She also stars in the upcoming blockbusters *Baby Driver*

and *Adam Jones*, which boasts a stellar line-up including Bradley Cooper and Emma Thompson.

She'll return to the small screen next year, when she takes on the role of Natasha Rostova in the BBC mini-series *War and Peace*.

In short, she's going to be one busy lady!



How did she find time to go to the ball?

## JOANNE FROGGATT

Award-winner Joanne, who plays housemaid Anna Bates, won't be off our screens for long.

ITV recently announced that the actress, 34, will lead the cast of a new two-part period drama, *Dark Angel*, starring as real-life Victorian serial killer Mary Ann Cotton, who poisoned her victims. The former *Corrie* star is also in the upcoming movie *Starfish*, playing lead role Nicola Ray, whose relationship with her husband is pushed to the brink when he's struck down by a rare and debilitating disease.

We predict she'll be adding to her awards cabinet very soon...



Maid for stardom: Jo loves playing Anna



High point: She won the Best Supporting Actress Golden Globe



# winton

thrill for six series, but fans need not worry, the programme, due back on ITV this autumn, names it made famous...

## LAURA CARMICHAEL



Before her *Downton* debut, budding actress Laura Carmichael, 28, was virtually unknown.

But, thanks to her portrayal of Lady Edith Crawley, she now has offers coming in thick and fast.

She's recently finished playing the leading lady in *Burn Burn Burn*, with Nigel Planer, a grieving friend who's preparing to scatter her best pal's ashes. The starry cast includes Alison Steadman, Sally Phillips and Matthew Kelly.



With Nigel Planer in *Burn Burn Burn*



Penelope Wilton, Elizabeth McGovern, Hugh Bonneville, Michelle Dockery, Laura Carmichael and Joanne Froggatt in Beverly Hills last week

## MICHELLE DOCKERY

We're used to seeing her as prim and proper Lady Mary, but actress Michelle Dockery – who is also a jazz singer – will soon be swapping the screen for the stage.

In December, she'll be treading the boards in London's West End opposite Dominic West. The 33-year-old will take on the role of sultry Madame de Tourvel in *Les Liaisons Dangereuses*, the play that inspired the 1988 film *Dangerous Liaisons*, starring Michelle Pfeiffer and Glenn Close.

Meanwhile, the actress is said to be over the moon to be planning her 'dream wedding' to PR boyfriend John Dineen, who popped the question in February.



Michelle and John are to tie the knot



## SOPHIE MCSHERA



With Tony Maudsley in ITV2's *The Job Lot*

Assistant cook Daisy is a firm favourite with *Downton* fans.

And, while actress Sophie McShera will soon be hanging up her apron, she's unlikely to be short of work for long.

Having already branched out into other TV projects – including sitcom *The Job Lot* – the 30-year-old also starred as evil stepsister Drizella in *Cinderella*, opposite *Downton*

co-star Lily James. Now the down-to-earth star is looking forward to getting back on the audition circuit. 'It's really exciting – if a bit scary!' she confided to *best* earlier this year.



Glam Sophie's a far cry from dowdy Daisy



# Simon's rocky road to the new X Factor

**TONY COWELL** gives us the lowdown on the big changes this year with the help of brother Simon and former judge **Louis Walsh**...

**S**imon Cowell's *The X Factor* will be very different this year. The music mogul has faced numerous hurdles – not least losing Louis after 11 years on the panel. So, what can we expect? Simon told me, 'We would be crazy to alienate a younger audience, and I think the new panel will help attract that. It's all about the personality on the panel. It's been the trickiest year ever, but I was determined to change everything.'



Will ex-judge Louis be announcing the acts next?

## THE LOUIS BACKLASH

Simon faced a huge backlash earlier this year when it was revealed that **Louis Walsh** wouldn't be returning to the show.

The Irish legend said he was 'done with *The X Factor*' and wanted to return to his day job. Now, he's back, appearing in the new promo for the show. Louis, 63, told me why. 'It was a one-off, but it was fun. We had a laugh and everyone got on well. Simon couldn't keep a straight face!'

So, will Simon lure Louis to help out at the Judges' Houses stage? 'We've not seen the last of Louis on this show,' he told me. 'I think he knew last year would be the end and was ready to leave. Maybe we'll get him to do the voiceover this year.'

## DITCHING DERMOT

The idea of the show without **Dancing Dermot** was too much for some fans. So, is Simon, 55, sure that **Caroline Flack**, 35, and **Olly Murs**, 31, can follow in his footsteps?

He said, 'Well, I've got a few worries because they've never done it

before, but that's what live TV should be about.'

Louis added, 'Dermot's a true professional and I think viewers will miss him. He's a hard act to follow. Simon's taking a big risk.'



The pressure's on for new hosts **Caroline** and **Olly**



Confident **Rita** impressed Simon on *The Voice*

## RITA ORA VS NICK GRIMSHAW

**Rita** has already cut her teeth as a judge on *The Voice*, but a question mark hangs over how the public will take **Nick**, 30. Simon said of Rita, 24, 'She's funny, opinionated and a great judge. I was gutted when she joined *The Voice*, but that made me more determined to get her for *The X Factor*.'

Simon added, 'With Nick, it was different. The more I got to know him, I realised he could be good for the show. He's smart, funny, and not stuck-up about music. I've never been afraid to change the panel and you never know how it'll work, but I've a feeling Nick will surprise people.'





# Cowell Confidential

**Tony Cowell** talks to brother **Simon** and former *X Factor* judge **Louis Walsh** about the changes for this year's show...

## SIMON VS CHERYL

Cheryl claims she has recently grown closer to Simon, so will it be a lovefest between the longest-serving pair on the panel? Unluckily for Cheryl, Simon still loves winding her up and annoying her. Backstage,

though, it's obvious they have a strong bond.

But will Cheryl gel with newbies Rita and Nick? Simon is convinced she will, 'The first time I saw Cheryl and Rita together, I knew they'd be fine. Rita has a lot of respect for Cheryl and adores her.' He added, 'The

show feels much better this year.'

Louis said, 'Cheryl lost her magic last year – she wasn't herself. I think she'll up her game this year and get competitive. We are talking again – she texts me all the time.'

Although Simon sets sail for a holiday around the Med with Lauren and baby Eric this week, he'll be busy planning Judges' Houses and beyond. And, with the auditions due to air this month, it's make-or-break time for *The X Factor*. I predict a riot!



Annoying Cheryl is still Simon's top priority



The judges are already bonding and taking selfies!

INSTAGRAM/@NICHOLASGRIMSHAW

## THE FUR FACTOR

Apparently the judges are bonding over their love of dogs this year. Simon has Squiddly and Diddly, as well as Freddie, who belonged to our late mum, Julie. Simon took him in when Mum fell ill, though I'm not sure Freddie fancied life with Simon's 'devil dogs'!

Cheryl has Buster and Coco, Nick has his bull terrier, Pig, and Rita has little Cher. I can't wait to watch the fur fly backstage at the live shows!



Life's far from 'ruffi' for Freddie, Squiddly and Diddly

TWITTER/@SIMONCOWELL





# THE *entertainment* edit

Pick of the week's TV...



Wednesday, 7.30pm, BBC1

## Pound Shop Wars

The return of the documentary series about budget chain Poundworld sees CEO Chris Edwards tearing his hair out when staff jump ship for his rivals. Morale and standards at the Scarborough branch are low. Can new area manager Stacey Mitchinson work her magic?



Thursday, 9pm, BBC1

## Who Do You Think You Are?

In this new series, GBBO judge Paul Hollywood takes a break from baking to find out about his Scottish ancestry and delve into other aspects of his family history. He discovers that his maternal grandfather was an anti-aircraft gunner during the Second World War in Tunisia and Italy. Whether he also made bread is not clear...



Thursday, 9pm, Sky Arts

## Mistresses

The scandalous drama about four misbehaving friends is back with a bang. This time Joss (Jes Macallan) and Harry (Brett Tucker) are getting cosy on the beach, until Karen (Yunjin Kim) interrupts them with some bad news.



Wednesday, 9pm, TLC

## Melancholia

In this intense and visually stunning 2011 film by influential director Lars von Trier, the honeymoon period for newlyweds Justine (Kirsten Dunst) and Michael (Alexander Skarsgård) could be about to end, as a giant rogue planet is hurtling through space towards Earth. Charlotte Gainsbourg and Kiefer Sutherland also star.



Monday, 9pm, TLC

## I Am Jazz

High school is a challenge at the best of times, but this new reality TV show follows 14-year-old transgender schoolgirl Jazz as she copes with being different to her friends.



# Devastation in the Dales...

Emmerdale's Gillian Kearney on Ross's disappearance, and why she thinks Debbie is hiding something...

**In true soap style, sparks flew – literally – on Debbie and Pete's wedding day, after a helicopter crashed into the village hall. How does Emma feel in the wake of all this?**

Not great – obviously the news of Debbie and Ross's affair was awful and, since then, Ross has gone missing and Debbie's in hospital. So Emma's beside herself with worry. At first, she just thinks Ross has run away because he's upset.

**Is she worried when she finds his wallet and phone?**

Yes – she's out of her mind, because the car turns up, and Ross's wallet has all the cash and cards still in it. Plus he hasn't spent any money in the bank account. It makes Emma think he's met an untimely end.

**Does she suspect Debbie's got something to do with it?**

She starts to think 'I wouldn't put it past her; I'll have a word' – and when she goes to prod Debbie, she can tell she's hiding something.

**Cain [Debbie's dad] and Ross have never got on, and Emma starts to think Cain might have sorted him out for good. She even calls the police, doesn't she?**

Yes – she feels as though she's let Ross down enough, so even though James is telling her not to make that phone call, she fears that Cain could get away with murder, and feels she's got to bring him to justice.

**How does Emma feel when a body is found?**

Absolutely wrung out. I was completely exhausted last week because it was just a rollercoaster, getting worse and worse. Then, eventually, it just snowballed.

**It's not every day a body turns up in the Dales, is it?**

No! The police say, 'We think it's Ross,' and by the time the sheet is pulled back, it's just devastating.

Emotions run high for Debbie and Emma



Emmerdale,  
weekdays,  
7pm, ITV



Ross knows his mum is no angel



Emma has been scheming to win James back





Freeze  
Out,  
Tuesday,  
5pm, ITV

# My general knowledge is pants!

Mark Durden-Smith talks brains, frosty refs and why his kids make him nervous...



He's followed in the footsteps of mum Judith Chalmers

**Hi, Mark. What can viewers expect from your new game show?**

It's a quiz show on ice – contestants compete around a giant circular ice table, answering general knowledge questions to win 'sliders'. You need to see it, really, but let's just say that there are five players and we finally whittle them down to one, who's in with a chance to win £10,000. If you're good at general knowledge and prone to the odd bit of aggressive behaviour, then you've got a shot.

**How is your general knowledge?**

Generally, I'm absolutely pants! But this isn't *Mastermind* and *Eggheads*, and I can definitely get a lot of the questions right. I think I'd be a fairly average guest, to be honest.

**You have an ice judge on the show – ex-Premier League referee Uriah**

**Rennie – what's he like?**

He's a really frosty bloke, and loves his rulebook. He likes to glare as he makes decisions. I try to make him laugh, but I get nowhere. He's not one to suffer fools gladly, that's for sure!

**It sounds like you need nerves of steel to play the game. What makes you nervous in everyday life?**

Live telly – but that's all part of the fun. I also get worried when my children have to learn lines for school – poetry week is particularly stressful! My twin boys, Archie and Freddie [nine], once got naked at the end of a school nativity play in which they were playing two of the Three Kings. It was very awkward, and ever since then I've been nervous it could happen again!

**You once admitted to going to boot camp in a bid to shift the pounds, didn't you?**

Yes – I lost a stone in a week! But I think I might need to go to a boot camp every other week. I'm a compulsive exerciser – mainly because I eat so much. If I didn't do so much exercise, they'd need a crane to get me out of the house!

**How's your mum (TV presenter Judith Chalmers)?**

Fine, thanks. I'd love to do another show with her, but I don't fancy going head to head with her on *Freeze Out* – she'd win, for sure!



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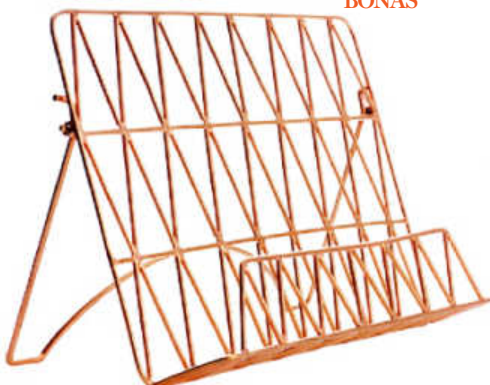
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# Dad's sick act of betrayal

Bronwyn Watson's happy family life was shattered with a shocking discovery...

**G**rowing up, I was always close to my dad. When friends talked about their families, I felt like the luckiest girl in the room.

Most of them had a special bond with either their mum or their dad, but I felt close to both my parents.

I could talk to my mum, Wendy, about anything and she always knew how to put a smile on my face, while my dad was on hand to help with practical things.

He taught me to ride my first bike when I was seven, and we'd play computer games together.

But now Dad has destroyed those wonderful memories.

I had no idea when I was younger that Nicholas Faux wasn't my biological father. He treated me like his own so I had no reason to doubt it.

I was 12 when Mum told me the truth. I remember laughing, then realising she wasn't joking.

But it didn't matter.

'I love him just the same,' I told Mum.

I had no desire to track down my real dad when the man who'd treated me like his own flesh and blood all my life was right there.

A year later, Mum and Dad got married. As their bridesmaid, I felt like it was the best day of my life. Seeing them both so happy together was wonderful.

But our life was shattered in June 2009, when Mum was thrown from her horse at the local stables.

'She's suffered a head injury and she's in a coma,' Dad told me, as we raced to the hospital.

Seeing her like that was a lot for a teenager to deal with, and I was so thankful Dad was there to support me. But as time went on and visiting Mum in hospital became part of our regular routine, he started growing distant. The stress seemed to create a wedge between us.

Doctors warned there was little hope of Mum pulling through. After a year in a coma, she got pneumonia and slipped away in July 2010, just before my 15th birthday.

Instead of bringing us closer together, the tragedy ripped us apart. Dad grew more and more distant over



## BEFORE IT ALL CHANGED

the next two years.

His behaviour towards me altered, too. He started to walk into my room unannounced – often when I was in the middle of getting changed.

'Get out!' I'd shout, grabbing a towel to cover myself up. It was as if he no longer respected my privacy – or the fact that I was his daughter.

Then, in February last year, I was left in no doubt about what his intentions were.

Searching for a bank card reader at home, I stumbled upon a USB stick. Curious,





I plugged it into my laptop.

Video icons popped up on the desktop. I clicked on one, and felt confused when I recognised the peach tiles we had in the bathroom in our bungalow.

I clicked on another, and my blood froze as I watched myself come into view, naked and in the shower. Nausea swept over me.

Panicking, I clicked on the next video and found more of the same footage. I knew this one was older, as I was holding the phone Dad had bought me in 2010. That meant I could only have been about 15 – around the time Mum died.

There was no other explanation. The man I'd grown up calling Dad had been filming me during my most private moments.

I'd never needed my mum so much. I was terrified and just wanted to run to her for a cuddle.

I had to get away and find a safe place, so I packed a bag and headed straight to the police station with the USB stick in my bag. I gave a statement and waited at my aunt's house while they arrested Dad.

I stayed with her over the coming weeks as I tried to make sense of it all.

Dad was released on bail. For the next year, I was scared that I'd see him in the street near our home in Clacton, Essex.

I lost all trust in people. I found it hard to shower or have a bath, and had to constantly check bathrooms before using them.

In March this year, at

Chelmsford Crown Court, I watched as Dad was jailed for seven months. He was also ordered to sign the sex offenders' register for 10 years. He admitted to two counts of voyeurism towards me.

The case for the prosecution said he'd drilled a hole in a decorative shell on the bathroom window ledge and installed the camera inside, then

he'd worked out the angle and distance needed to film me.

Most sickening of all, he also admitted to possessing indecent images of children, found on his laptop.

Police had uncovered 921 indecent still images and videos of children, 146 of which were at the highest level of child pornography.

I hoped that he'd explain in court why he did it. But, while he admitted he'd bought the secret camera online when things had started going missing around the house, he couldn't explain why he'd installed it in the bathroom.

He said he'd become addicted to pornography after Mum died. Using her death as an excuse made me so angry. When he walked past me in court, his whole body was shaking, and I can remember feeling glad that it was him who was scared now.

He has just been released from jail. I'm terrified he'll find me, but I have to get on with my life.

I'm in my own place now, training as an accountant. I'm also searching for my biological dad.

It would be great to have a father figure in my life again. I might even have siblings. That would be the one good thing to come out of all this.

*'That was me in the film – 15 years old, and naked'*



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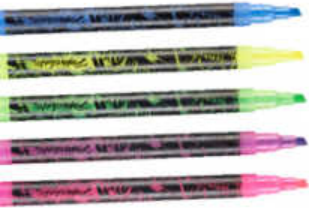
**T**he summer holidays are in full swing, but back to school time is fast approaching. Now's the time to keep your family safe and protected and, with 150 years of experience behind them, Cuticura is here to do that.

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## BACK TO SCHOOL TIPS

- ✓ Write a list of school uniform and stationery essentials before going shopping, to avoid forgetting any items.
- ✓ Lay out your kids' uniform, lunch and kit the night before school, to avoid a last-minute rush in the morning.
- ✓ Start creating an early morning routine in the week before school begins, for a smooth start to the academic year.
- ✓ Stitch name tags into clothing to prevent uniform getting lost.
- ✓ Ensure your child eats a balanced, nutritious breakfast to help them be more productive at school.



*'We know children are going to play and explore, but we do want to keep them healthy. Although it is impossible to keep them completely germ-free, encourage them to wash hands thoroughly after using the toilet, before eating, and when hands become dirty.'*

Dr Lisa Ackerley

## 3 ways to healthy hands

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### TOTAL

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### ORIGINAL

Available in two scents, this quick drying gel absorbs into hands leaving no trace, making it an ideal schoolbag essential.



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# THIS WEEK...

*Don't be afraid of apps! Downloading them can be free, easy, and cuts costs at the touch of a button*

## Cashback Queen



With Dragons' Den's  
**Sarah Willingham**

### IDEALO

**Are you guilty of buying on impulse, only to get home and find you could have forked out less**

**elsewhere?** If so, Idealo could be for you. It's great for shopaholics, as it allows you to scan barcodes or enter product keywords while you're out and about to find out how much other retailers are selling it for. Spanning almost 20,000 shops, it means you should never again have to pay over the odds!



**1 in 5**  
UK loyalty-card holders hasn't redeemed their loyalty points in the past year

## 5 amazing money saving apps



### LOYALIVE

**As a nation, we're owed billions in loyalty-card rewards, and this great new app makes sure we remember to cash them in!**

A huge 92 per cent of us are registered with at least one loyalty scheme, the most popular being Tesco Clubcard, Nectar and Boots Advantage. However, 43 per cent of us don't know how many points we have currently. Loyalive allows customers to store their loyalty cards on their phone, see their balances and discover their rewards. The free app works with more than 70 loyalty schemes, with more being added every week.



### HOTUKDEALS

**HotUKDeals has been around for a while, offering deals, discounts and**

**voucher codes.** Now, though, its free app has been updated in response to the rise in spending via smartphones and tablets. Members can browse content they've loaded before, even when they're offline, so they can easily access the deals they're interested in. It's also possible to get updates from the deals, voucher codes, freebies and merchants that are relevant to you, and use keyword alerts to get notifications for new matching items you're looking to buy. Bargain hunting just got a whole lot easier!



### MYSUPERLIST

**We're all guilty of spending too much on our groceries, but you can use your phone to save a bundle!**

The MySuperList app by mySupermarket is a free app that's great for comparing the online supermarkets and finding out which deals are being offered this week. You can create a shopping list to find the cheapest price for your basket, and even set price alerts to see each supermarket's 'Savvy Buy' bargains. You can also collect cashback vouchers.

**3%**  
of ATM withdrawals incur a charge in the UK

### ATM HUNTER

**When you're desperate for cash while out and about, it's all too easy to waste money buying something pointless to**

**get cashback in a store, or use an ATM that charges you.** The MasterCard ATM Hunter app tells you which ATMs are closest to wherever you are, and lets you specify your own bank, to avoid any fees. The updated app also allows you to search for stores that accept PayPass (Mastercard's contactless payment option). The app also gives you helpful tips on how to be smarter and safer with your money.



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WHEN HOME IS NO LONGER A HAVEN...

# DEADLY DISPUTES

From squabbles over garden boundaries to noisy residents, even the most petty neighbourhood arguments can end in bloodshed...

Alison Morrison was found soaked in blood



**BUTCHERED**

**A** row over a shared driveway between two houses in Harrow, north west London, ended in bloody murder just before Christmas last year.

Mum-of-one Alison Morrison, 45, was stabbed to death in a violent attack by her neighbour, Trevor Gibbon, 48, as she walked to work.

He and Alison had been locked in an increasingly bitter dispute over a shared driveway between their end-of-terrace houses.

## Bitter driveway conflict

As it spiralled out of control, they stopped talking to each other. Things got worse after Alison and her husband Cedric installed a bright security light outside their home.

Trevor and his partner, Maria Perrett, a teacher, then installed CCTV cameras outside their property, sending a handwritten note to all their neighbours warning them of their plans.

The day before the brutal killing, Gibbon appeared in court over allegations of harassing Alison and her family, and was ordered to stay away from them.

But, on 18 December, he snapped and hunted her down as she made her way to work and stabbed her 36 times.

Her piercing screams were heard by other residents who

rushed out and found Alison lying in a pool of blood on the pavement. She was rushed to hospital but later died from her injuries.

As she lay dying on the pavements, Alison gasped, 'Trevor Gibbon did this to me.'

The following day, Gibbon, a satellite engineer, was arrested 150 miles away in Lincolnshire.

In court, Gibbon claimed that depression had left him in a fragile state, but a jury found him guilty of murder in June and he was sentenced to 28 years in prison.

Her family said in a statement, 'Alison was an inspiration, a warm and

Tributes to the mum-of-one



**KILLER**

loving person who will be deeply missed by her husband and son.

'Her devastating

loss is also felt by all the family, local community and all who knew her.'

Urging Gibbon to be jailed for life, her son Kori - who has since moved out of the family home, described how his life had 'fallen apart'.

Her husband, Cedric, who described her as 'the soul of our home,' said she had died in the 'cruellest way possible.'



David  
with  
wife  
Elaine

## FATAL FEUD OVER A FENCE

**A**rriving back from holiday, David Fantom and his wife, Elaine, got a shock.

Their neighbours Donald and Jackie Bowman had erected a new 6ft garden fence in place of a small ornate railing.

The Bowmans said they wanted more privacy. But David, 63, thought the fence was an eyesore, so asked for it to be removed. When the Bowmans refused, a few weeks later, he began sawing through the wood.

Donald called the police, then confronted his neighbour. A fight followed and David fell from his stepladder, hitting his head. He died in hospital shortly afterwards.

Police arrested Donald on suspicion of murder, but he was cleared of wrongdoing after a postmortem found that David

had died of a heart condition, exacerbated by stress.

At an inquest into his death, coroner John Pollard said, 'A good relationship has been allowed to deteriorate to a ridiculous extent over a fence. To allow matters to reach the point they did is not only sad but foolish and unnecessary.'

Donald and  
wife Jackie

Borderline  
madness



*Neighbourhood  
disturbances have  
risen by a third  
in the past  
two years*

## STABBED TO DEATH FOR PLAYING HER MUSIC TOO LOUD

**D**riven to distraction by the loud music coming from parties in the flat above him, Paul Lyon, 44, stabbed

his young neighbour, Heather Dyer, 22, to death. Lyon, an epileptic who suffered from mental health problems, had complained to police about his noisy neighbour and she was about to be evicted. But on 23 September 2011, Lyon lost control when some of Heather's friends shouted at him outside the flats, in St Helens, Merseyside.

He stabbed his neighbour three times in the chest and abdomen with a fish filleting knife. In the

scuffle, he also knifed one of her friends, William Taylor, who suffered life-threatening injuries, but survived.

Lyon claimed he'd acted in self-defence when he appeared in court.

The jury cleared Lyon of murdering Heather, but found him guilty of her manslaughter and of the unlawful wounding of William Taylor. He was jailed for 10 years.

KILLER

Escalating hatred  
ended in violence





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## STRAIGHT CLUES

### ACROSS

- 8 Gentle, not extreme (8)
- 9 Pictures, likenesses (6)
- 10 Person born in that country (6)
- 11 Fine example (8)
- 12 Personal drying cloth (5)
- 13 Prepared for war (5)
- 14 Initial (5)
- 16 Grilled bread (5)
- 18 Takes risks (5)
- 20 Prison rooms (5)
- 25 Logs, kindling, etc. (8)
- 26 Cause, or motive (6)
- 27 Winged insect (6)
- 28 Used one's ears (8)

### DOWN

- 1 Red fruit in salad (6)
- 2 Carries to an address (8)
- 3 Highland Games item (5)
- 4 Tightly packed (5)
- 5 Horseman (5)
- 6 Type of sword (6)
- 7 Umpires (8)
- 15 Unreal, thought-up (8)
- 17 Performed surgery (8)
- 19 Occasions (6)
- 21 Slacken knots (6)
- 22 Shifted (5)
- 23 Mature person, etc. (5)
- 24 White wintry

Both these sets of clues lead to the same answers, revealing in the shaded squares a film starring Paul Rudd (6)

deposit (5)

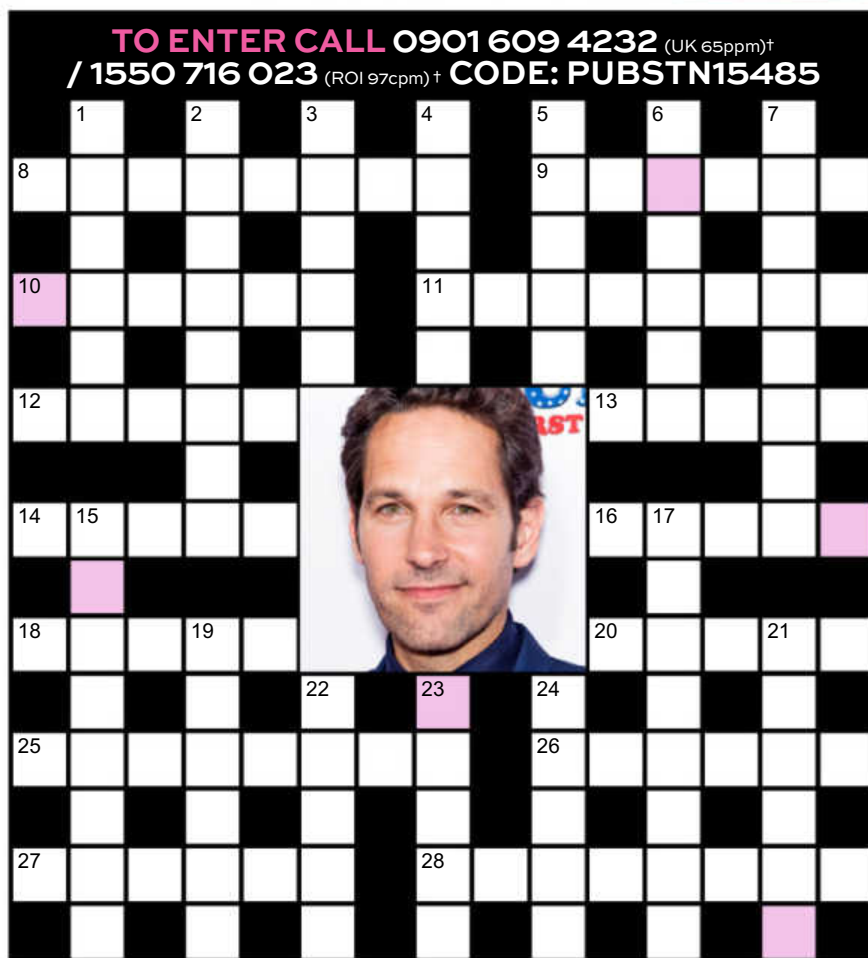
## CRYPTIC CLUES

### ACROSS

- 8 Middle-of-the-road method value (8)
- 9 Game is arranged for models (6)
- 10 Indigenous tan I've developed (6)
- 11 Representative item taken for medical purposes (8)
- 12 Lot we sorted out is drier (5)
- 13 Dream about being given weapons (5)
- 14 Leading ringleader in hand? (5)
- 16 Raise one's glass to a small street (5)
- 18 Reads about challenges (5)
- 20 Reportedly vends battery parts (5)
- 25 Sack would, some say, give us fuel (8)
- 26 Logic regarding an heir (6)
- 27 Let bee loose, or another creature (6)
- 28 Paid heed to enlisted members (8)

### DOWN

- 1 To mother, to bear fruit? (6)
- 2 Rescues and brings to one's door (8)
- 3 Another brace which may be tossed (5)
- 4 Somehow needs to



TO ENTER CALL 0901 609 4232 (UK 65ppm)†  
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- be thick (5)
- 5 Additional clause for the cyclist? (5)
- 6 Weapon giving Royal Artillery support (6)
- 7 Whistle-blowers or those who give testimonials? (8)
- 15 Dreamed about aiding me, possibly (8)
- 17 Made cuts in the theatre (8)

- 19 Steven arranged races, etc. (6)
- 21 So, Leon ordered 'Relax!' (6)
- 22 Emotionally affected, having gone to a new house (5)
- 23 A fool, we hear, is grown up (5)
- 24 Sign of cold in an Afro style (5)

## ANSWERS

### CROSSWORD

28/15 TIPPING POINT

### ACROSS

- 1 Affected 5 Africa
- 10 Canal 11 Yesterday
- 12 Inspected 13 Graph
- 14 Diet 15 Their 18 Magic
- 20 Hope 22 Thorn
- 24 Incorrect 26 Orchestra
- 27 Issue
- 28 Strong 29 Stressed

### DOWN

- 1 Arctic 2 Finishing
- 3 Collect 4 Egypt
- 6 Freight 7 India
- 8 Anywhere 9 Used
- 16 Expresses 17 Emotions
- 19 Concern 20 Heroine
- 21 Attend 23 Occur
- 24 Into 25 Chart

Lines open 11 August 2015 till midnight on 24 August 2015 (closes 27 August 2015 for postal entries). Over 18s only. †UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

PICTURE: GETTY

## best PRIZE PUZZLES ENTRY COUPON ISSUE 32

1 Crossword ANSWER CODE: PUBSTN15485

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WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS AS WRITTEN LEFT. PLEASE TAKE CARE WHEN COMPLETING THE COUPON!

\*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit [hearth.co.uk/dp](http://hearth.co.uk/dp).



# best DRESSED

YOUR WEEKLY  
STYLE FIX

## Love to layer!

Be prepared for the change in temperatures by choosing the right cover-up.

**COATIGAN** This fashion term refers to a garment that is heavier than a cardigan but not quite a coat. If you are shopping for one now, choose a short-sleeved, oversized style that will layer over a long-sleeved top or a heavy polo neck when autumn arrives.

**KIMONO** For something that ticks all the '70s style boxes, choose a wool kimono. Oversized sleeves are also ideal if you are looking for something cosy and glam at the same time.

**CAPE** Good news if you find classic capes and ponchos a little heavy; the high street has lightened up for autumn. Inspired by last winter's Burberry poncho, blanket fabrics have never looked so chic. For a stylish look, team with dark blue jeans and tan accessories for a touch of weekend boho style.

**DRAPE** Layered or waterfall shapes are universally figure-flattering. This is also a smarter style that is perfect for the office.

Don't fancy going back to black yet? Shop for classic grey as a lighter but equally versatile option instead.

Cardigan, 8-20, £32; top, 8-20, £16; trousers, 8-20, £28; necklace, £12, all by M&Co

SHOP THE  
STYLE

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8-20, £30,  
Wallis

Coatigan, 8-20,  
£14, George  
at Asda

Waterfall,  
8-18, £49.95,  
White Stuff

Kimono,  
s-xl, £12,  
Primark

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